



Marijuana RECIPES & SECRET TRICKS

**MARIJUANA COOKBOOK
TO EXPERIENCE ALL ITS BENEFITS**

BY ANGEL BURNS

Marijuana Recipes and Secret Tricks

Marijuana Cookbook to Experience All Its Benefits

By

Angel Burns



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Homemade Marijuana Recipes



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Instructions:

1. In a saucepan set over low heat, add in the extra virgin olive oil and canna oil. Add in the chopped onion and minced garlic. Stir well to mix. Cook for 8 to 10 minutes.
2. Add in the grated ginger and chopped carrots. Cook for an additional 5 minutes.
3. Add in the vegetable stock. Allow to simmer for 20 to 25 minutes or until the carrots are soft.
4. Remove and transfer into a blender. Blend on the highest setting until smooth in consistency.
5. Pour the soup back into the saucepan. Cook over low heat for 1 to 2 minutes or until hot.
6. Remove and serve immediately.

Recipe 2: Jalapeno Poppers



Make these delicious poppers whenever you need to make an appetizer for your next party. After a few bites, your guests will be feeling great.

Yield: 8 servings

Preparation Time: 25 minutes

Ingredient List:

- 1 ½ pounds of jalapeno peppers, cut into halves and seeds removed
- 1 ½ cups of grated parmesan cheese
- 1 ½ pounds of cream cheese, soft
- 3 Tablespoons of cannabis olive oil
- 1 ½ teaspoons of dried oregano
- 3 Tablespoons of honey
- 1/3 cup of chopped chives

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Instructions:

1. Place the jalapeno pieces onto a baking sheet that has been lined with aluminum foil. Place into the oven to broil for 10 minutes or until soft. Remove and set aside.
2. In a bowl, add in the grated parmesan cheese, soft cream cheese, olive oil, dried oregano, honey and chives. Stir well to mix.
3. Stuff the mix into each of the jalapeno peppers.
4. Place into the oven to bake for 10 minutes at 375 degrees or until cooked through.
5. Remove and serve immediately.

Recipe 3: Canna Banana Nut Bread



This is an easy bread recipe you can make any night of the week. Serve on its one for a delicious snack whenever you feel a bit hungry.

Yield: 6 servings

Preparation Time: 2 hours

Ingredient List:

- 2 eggs
- 1 cup of canna butter
- 1 cup of light brown sugar
- 1 cup of white sugar
- 6 bananas, peeled and mashed
- 2 teaspoons of powdered cinnamon
- 2 teaspoons of baker's style baking powder
- 1 cup of chocolate chips
- 1 cup of walnuts, chopped
- 1 teaspoon of pure vanilla

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1. In a bowl, add in the canna butter, light brown sugar and white sugar. Beat with an electric mixer until creamy in consistency. Add in the eggs and continue to beat until creamy in consistency. Set aside.

3. In a separate bowl, add in the mashed bananas, whole milk and pure vanilla. Stir well to mix. Pour into the butter mix and continue to beat until mixed.

5. Add in the chopped walnuts and chocolate chips. Fold gently to incorporate.

7. Place into the oven to bake for 1 hour and 30 minutes at 325 degrees or until baked through. Remove and set aside to cool for 15 minutes.

7. Invert the banana bread onto a plate. Allow to cool for 10 minutes before serving.

Recipe 4: Macaroni and Cheese



To kick things off this is a vegetarian and soy free dish that is made with marijuana. It is the perfect recipe for you to prepare whenever you are feeling a bit under the weather.

Yield: 4 servings

Preparation Time: 25 minutes

Ingredient List:

- 8 ounces of macaroni
- ¼ cup of butter, soft
- 2 teaspoons of canna butter
- 3 Tablespoons of all-purpose flour
- ¼ teaspoons of salt
- ¼ teaspoons of black pepper
- 2 cups of whole milk
- 2 cups of cheddar cheese, shredded

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Instructions:

1. Prepare the macaroni according to the directions on the package. Once cooked,

drain the macaroni and set aside.

2. In a saucepan set over medium heat, add in the canna and regular butter. Allow to melt. Add in the all-purpose flour. Whisk well until smooth in consistency. Season with a dash of salt and black pepper.

3. Slowly pour in the milk and cook for 8 to 10 minutes or until the mix begins to bubble.

4. Add in the shredded cheddar cheese. Stir well until the cheese melts.

5. Add in the pasta and toss well to coat.

6. Remove from heat and serve immediately.

Recipe 5: Chia Seed Pudding



This is another sweet tasting marijuana friendly recipe you can make whenever you have a strong sweet tooth that needs to be satisfied.

Yield: 4 servings

Preparation Time: 24 hours and 10 minutes

Ingredient List:

- 1 ½ cups of almond milk
- 8 dates, pits removed and chopped
- 1/3 cup of chia seeds
- ¼ cup of unsweetened powdered cocoa
- 4 teaspoons of canna oil
- ½ teaspoons of powdered cinnamon

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Instructions:

1. In a bowl, add in the almond milk, chopped dates, chia seeds, powdered cocoa,

canna oil and powdered cinnamon. Stir well to mix.

2. Cover and set into the fridge to chill overnight.

3. The next day transfer into a bowl. Pulse on the highest setting until coarse in consistency.

4. Pour into serving bowls.

5. Serve immediately.

Instructions:

1. In a soup pot set over medium heat, add in the chicken stock. Add in the chicken thighs and cook for 20 minutes.
2. Add in the canna oil, sliced carrots, sliced celery and chopped dill. Stir well to mix. Continue to cook for 1 hour.
3. Remove from heat.
4. Remove the chicken from the soup pot and place onto a cutting board. Remove the meat from the bones and chop finely. Add the meat back into the soup pot.
5. Toast the baguette slices. Once toasted, rub the bread slices with the sliced tomato.
6. Pour the soup into serving bowls.
7. Serve with the baguette slices.

Recipe 7: High Grilled Cheese



Grilled cheese and cannabis may be the world's best comfort food you can make. Feel free to add any type of cheese you wish for the tastiest results.

Yield: 2 servings

Preparation Time: 20 minutes

Ingredient List:

- 4 slices of whole wheat bread
- 2 teaspoons of canna butter
- 4 slices of cheddar cheese, shredded
- 4 slices of swiss cheese, shredded
- 2 slices of tomato
- 2 slices of avocado
- 1 tablespoon of extra virgin olive oil

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Instructions:

1. Spread the canna butter on the slices of whole wheat bread.
2. On the buttered sides of the bread slices, add 2 slices of cheddar cheese and slices of swiss cheese.
3. Add the tomato slices and sliced avocado.
4. Place the bread slices on top of each other with the butter side facing out.
5. In a skillet set over medium heat, add in the extra virgin olive oil. Place the sandwiches into the skillet. Cook for 5 minutes on each side or until golden.
6. Remove and serve immediately.

Instructions:

1. In a saucepan set over medium heat, add in the extra virgin olive oil and canna oil. Add in the chopped onion, chopped cauliflower and dash of salt. Cook for 6 to 8 minutes or until soft.
2. Add in the chicken broth, yellow raisins and couscous.
3. Allow to come to a boil.
4. Remove from heat immediately and cover. Set aside to rest for 5 minutes.
5. Serve.

Instructions:

1. Preheat an outdoor grill to medium heat.
2. Place wooden skewers into a bowl. Cover with water and set aside to soak for 30 minutes.
3. In a bowl, add in the extra virgin olive oil, canna oil, chopped cilantro and minced garlic. Stir well to mix.
4. In a separate bowl, add in the chicken. Pour half of the marinade over the chicken. Cover and set into the fridge to chill for 1 hour.
5. Drain the wooden skewers. Thread the marinated chicken onto the skewers. Thread the corn, tomatoes and chopped scallions onto the skewers. Season with a dash of salt and black pepper. Brush with the remaining marinade.
6. Place the skewers onto the preheated grill. Grill for 8 to 10 minutes or until the chicken is cooked through and the vegetables are soft. Brush with the marinade as it cooks.
7. Remove and rest for 5 minutes before serving.

1. Toast the slices of whole grain bread.
2. Spread 1 teaspoon of canna butter over each slice of bread. Top off with the tomato slices.
3. In a bowl, add the avocado. Pour the lemon juice over the top. Toss well to mix. Pour over the bread slices.
4. Season with a dash of salt and black pepper.
5. Serve immediately.

Recipe 11: Rice and Bean Bowl



This is a gluten free and vegan friendly rice and bean fish that makes an excellent side dish or can be a standalone meal.

Yield: 4 servings

Preparation Time: 30 minutes

Ingredient List:

- 4 teaspoons of canna oil
- 1 onion, peeled and chopped
- 1 cup of vegetable broth
- 1, 16 ounce can of kidney beans, drained
- 1, 10 ounce pack of spinach
- 2 cups of brown rice, cooked
- Dash of salt and black pepper

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Instructions:

1. In a skillet set over medium heat, add in the canna oil. Add in the chopped

onion. Cook for 5 to 8 minutes or until soft.

2. Add in the vegetable broth, can of kidney beans and spinach. Stir well to mix. Cook for 5 minutes.

3. Add in the cooked rice. Continue to cook for an additional 5 to 8 minutes.

4. Season with a dash of salt and black pepper.

5. Remove and serve immediately.

Recipe 12: Coconut Pudding



This is a great tasting marijuana friendly dish you can make whenever you need something on the sweet side.

Yield: 2 servings

Preparation Time: 24 hours and 20 minutes

Ingredient List:

- ¾ cup of old fashioned oats
- ½ cup of coconut, shredded
- 2 cups of water
- 1 ¼ cups of coconut milk
- 2 teaspoons of canna oil
- ½ teaspoons of powdered cinnamon
- 1 banana, thinly sliced

Instructions:

1. In a bowl, add in the old fashioned oats, shredded coconut and water. Stir well to mix. Cover and set into the fridge to chill overnight.
2. Transfer the mix into a saucepan set over medium heat.
3. In the saucepan, add in the coconut milk, canna oil and powdered cinnamon. Stir well to mix. Cook for 10 to 12 minutes.
4. Remove from heat and set aside to rest for 5 minutes.
5. Serve with a topping of the sliced banana.

Recipe 13: Stir Fry Chicken and Veggies



With the help of this recipe, you will learn that you don't need to invest in a wok to enjoy classic stir fry. Feel free to add in your favorite vegetables for the tastiest results.

Yield: 2 servings

Preparation Time: 30 minutes

Ingredient List:

- 8 cups of water
- 2 cups of broccoli, cut into florets
- 1 carrot, thinly sliced
- 1 cup of green beans, cut into halves and trimmed
- 1 tablespoon of canola oil
- 1 chicken breast, boneless, skinless and cut into chunks
- 3 Tablespoons of hoisin sauce

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1. In a saucepan set over medium heat, add in the water. Allow to come to a boil. Add in the broccoli florets, sliced carrot and trimmed green beans. Cook for 8 minutes or until soft. Drain the vegetables and set aside to cool.
2. In a skillet set over medium heat, add in the canola oil. Add in the chicken pieces. Cook for 8 to 10 minutes or until the chicken is cooked through.
3. Add in the boiled vegetables. Continue to cook for an additional 5 minutes.
4. In a bowl, add in the hoisin sauce, canna oil and powdered ginger. Whisk until evenly mixed. Pour into the pan. Toss well to coat.
5. Season with a dash of salt and black pepper.
6. Remove from heat and serve immediately.

Recipe 14: Scrambled Eggs with Onions and Cheese



There is no other egg recipe that is as easy to make as this dish. Make these eggs for brunch or enjoy on its own.

Yield: 2 servings

Preparation Time: 35 minutes

Ingredient List:

- 1 tablespoon of butter
- 2 teaspoons of canna butter
- ½ cup of onion, thinly sliced
- 4 eggs, beaten
- ½ cup of cheddar cheese, shredded
- Dash of salt and black pepper

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Instructions:

1. In a skillet set over medium heat, add in the butter and canna butter. Add in the sliced onion. Cook for 15 minutes or until the onions are caramelized.
2. Add in the beaten eggs. Cook for 5 to 8 minutes or until the eggs are set.
3. Add in the shredded cheese. Continue to cook for an additional 3 minutes.
4. Season with a dash of salt and black pepper.
5. Remove from heat and serve immediately.

Recipe 15: Pan Roasted Cauliflower, Potato and Zucchini



This is a simple and nutritious vegetable plate that every vegetarian and vegan will love. Even if you are not a vegetarian, feel free to add fish or chicken to make it a protein rich meal.

Yield: 4 servings

Preparation Time: 55 minutes

Ingredient List:

- 1 head of cauliflower, cored and broken into florets
- 4 carrots, peeled and thinly sliced
- 1 sweet potato, peeled and cut into cubes
- 2 zucchini, cut into thick slices
- 1 red onion, peeled and cut into wedges

- 2 Tablespoons of extra virgin olive oil
- 4 teaspoons of canna oil
- 1 tablespoon of maple syrup
- 1 teaspoon of garlic salt
- ½ teaspoons of black pepper
- 1 cup of plain yogurt

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Instructions:

1. Preheat the oven to 325 degrees.
2. In a baking dish, add in the cauliflower florets, sliced carrots, cubes of sweet potato, sliced zucchini and red onion wedges. Toss well to mix.
3. In a bowl, add in the extra virgin olive oil, canna oil and maple syrup. Whisk well to mix. Pour over the vegetables.
4. Season the vegetables with the garlic salt and dash of black pepper. Toss well to coat.
5. Place into the oven to bake for 35 to 40 minutes or until the vegetables are soft.
6. Remove and serve immediately with the yogurt.

Instructions:

1. Grease a baking dish with butter.
2. In a bowl, add in the eggs, whole milk, white sugar, melted canna butter, pure vanilla, dash of salt and powdered cinnamon. Stir well to mix.
3. Add in the torn bread and toss well to mix.
4. Cover and place into the fridge to chill overnight.
5. The next day, preheat the oven to 350 degrees.
6. Place the French toast into the oven to bake for 45 to 50 minutes or until golden.
7. Remove and cool for 10 minutes before serving.

Recipe 17: Cannabis French Toast



This is another early morning breakfast dish you can make whenever you need something filling to get you going in the morning.

Yield: 6 servings

Preparation Time: 1 hour

Ingredient List:

- 6 eggs
- 12 slices of French baguette, sliced thinly
- 4 ½ Tablespoons of canna butter
- 2 ½ Tablespoons of butter, for greasing
- 5 Tablespoons of maple syrup
- 1/3 cup of white sugar
- 1 ½ cups of whole milk
- ¾ teaspoons of salt
- 1 ½ teaspoons of pure vanilla
- Powdered sugar, for dusting

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1. Grease a baking dish with butter.
2. In a bowl, add in the canna butter and butter. Stir well to mix. Spread onto both sides of the baguette slices.
3. Place the bread slices into the baking dish with the butter side facing up.
4. In a bowl, add in the whole milk, white sugar, dash of salt, maple syrup and pure vanilla. Whisk well to mix. Pour over the bread slices.
5. Cover and place into the fridge to chill overnight.
6. Place into the oven to bake for 45 minutes at 350 degrees or until golden brown. Remove and set aside to cool for 5 minutes.
7. Sprinkle the powdered sugar over the top and serve.

Recipe 18: Baked Avocado with Eggs



This is the ultimate healthy dish you can make early in the morning. It is a wonderful combo I know you will fall in love with.

Yield: 2 servings

Preparation Time: 25 minutes

Ingredient List:

- 1 avocado
- 1 tablespoon of lemon juice
- 2 teaspoons of canna butter
- 2 eggs
- Dash of salt and black pepper
- 1 scallion, chopped and optional
- ¼ bunch of cilantro, chopped
- ¼ cup of cheddar cheese, shredded
- 2 Tablespoons of mild salsa

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Instructions:

1. Preheat the oven to 350 degrees.
2. Slice the avocado in half. Remove the pit from the inside.
3. Spread the lemon juice over the avocado. Place onto a baking sheet with the cut side facing up.
4. Remove 1 to 2 tablespoons of the avocado from the shells. Set aside. Add a teaspoon of the canna butter into the avocado.
5. Crack an egg directly on top of the avocado. Season with a dash of salt and black pepper.
6. Place into the oven to bake for 13 to 17 minutes.
7. Remove and serve with a topping of chopped scallion, chopped cilantro, shredded cheddar cheese and mild salsa.

Recipe 19: Vegetarian Frittata



This is a wonderful dish that can be made in just one pot. It is easy to make and is for those who are looking for something convenient.

Yield: 4 servings

Preparation Time: 35 minutes

Ingredient List:

- 1 tablespoon + 1 teaspoon of canna oil
- 1 cup of red bell pepper, chopped
- 1 cup of corn kernels
- ½ cup of scallions, chopped
- 6 eggs
- ½ teaspoons of salt
- ½ teaspoons of black pepper

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1. Preheat the oven to 340 degrees.
2. In a cast iron skillet set over medium heat, add in the canna oil and grease with cooking spray. Add in the chopped red bell pepper. Cook for 6 to 7 minutes or until soft.
3. Add in the corn kernels and chopped scallions. Continue to cook for 5 minutes or until soft. Remove from heat.
4. In a bowl, add in the eggs. Season with a dash of salt and black pepper. Whisk well until lightly beaten.
5. In the pan, add in the spinach. Continue to cook for 5 minutes or until wilted.
6. Pour the eggs into the skillet and stir well to mix.
7. Spread the goat cheese over the top.
8. Transfer into the oven. Bake for 10 minutes or until golden brown.
9. Remove and sprinkle the smoked paprika over the top.
10. Slice into wedges and serve immediately.

Recipe 20: Miniature Bacon, Egg and Cheese Quiches



This is the perfect dish for you to make whenever you want to show off your cooking skills to your friends and family. Be sure to use a miniature muffin pan to make the preparation easier.

Yield: 24 servings

Preparation Time: 1 hour and 30 minutes

Ingredient List:

- $\frac{3}{4}$ cup of all-purpose flour
- 2 Tablespoons of butter
- 2 Tablespoons of vegetable shortening
- 4 Tablespoons of whole milk
- $\frac{1}{2}$ cup of cooked bacon bits
- $\frac{3}{4}$ cup of swiss cheese, shredded
- 2 eggs
- $\frac{1}{2}$ cup of half and half
- $\frac{1}{4}$ cup of cannabis half and half

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1. Preheat the oven to 375 degrees. Grease a miniature muffin pan with cooking spray.

3. Cover and place into the fridge to chill for 30 minutes.

5. Use a cookie cutter that is 2 ½ inches in size. Cut out circles from the dough and place each into the bottom of the miniature muffin cups.

6. Sprinkle $\frac{1}{2}$ teaspoon of the bacon bits over the top. Add $\frac{3}{4}$ teaspoon of the shredded cheese over the top.

7. In a bowl, add in the eggs, half and half and cannabis half and half. Season with a dash of salt and black pepper. Pour into the muffin cups.

8. Place into the oven to bake for 40 minutes or until golden brown on the top.

9. Remove and cool in the pan for 5 minutes before serving.

Recipe 21: Rice Casserole



This is the ultimate comfort food that you can make today. Feel free to add in your favorite vegetables and cheese to fit your taste buds.

Yield: 4 servings

Preparation Time: 50 minutes

Ingredient List:

- 4 teaspoons of canna butter
- 1 onion, chopped
- 1 red bell pepper, seeds removed and chopped
- 1, 10 ounce pack of frozen spinach, chopped
- 1 cup of low fat milk
- 2 eggs
- 2 cups of cheddar cheese, shredded and evenly divided
- 3 cups of brown rice, cooked
- Dash of salt and black pepper

Instructions:

1. Preheat the oven to 350 degrees. Grease a casserole dish with cooking spray.
2. In a skillet set over low to medium heat, add in the canna butter. Add in the chopped onion and chopped red bell pepper. Cook for 5 to 8 minutes or until soft.
3. Add in the spinach and cook for 5 minutes.
4. Remove from heat and set aside.
5. In a bowl, add in the low fat milk and egg. Whisk well to mix. Add in 1 ½ cups of shredded cheddar cheese, rice and cooked vegetables. Stir well to mix. Season with a dash of salt and black pepper.
6. Transfer into the casserole dish. Top off with ½ cup of shredded cheddar cheese.
7. Place into the oven to bake for 25 minutes or until golden.
8. Remove and serve immediately.

Instructions:

1. Pat the salmon fillet with a few paper towels. Place into a Ziploc bag.
2. In a bowl, add in the snow peas, green peas, shredded carrots, orange juice, canna oil and soy sauce. Stir well to mix. Pour the mix into each bag.
3. Add the orange slices and seal the bag.
4. Place into the microwave to cook for 6 minutes on the highest setting.
5. Transfer the salmon fillets with the extra ingredients onto a plate. Serve.

Instructions:

1. In a bowl, add in the whole wheat flour, canna sugar, salt and baker's style baking powder. Stir well to mix.
2. Add in the buttermilk and whisk well until smooth in consistency. Set aside to rest for 10 minutes.
3. In a skillet set over medium heat, grease with cooking spray.
4. Pour in $\frac{1}{4}$ cup of the batter. Swirl to coat the bottom. Once bubbles begin to appear on the surface, flip the pancake. Cook for 5 minutes or until golden on both sides.
5. Repeat.
6. Serve with syrup and honey drizzled over the top.

Instructions:

1. Preheat the oven to 350 degrees.
2. Slice the baked sweet potato in half and scoop out the filling. Transfer the filling into a bowl. Place the potato halves onto a baking sheet with the cut side up.
3. In the bowl with the potato filling, add in the orange juice, canna oil, agave syrup and golden raisins. Stir well to mix. Pour the batter into the sweet potato halves.
4. Sprinkle the chopped walnuts over the top.
5. Place into the oven to bake for 15 to 20 minutes.
6. Remove and serve immediately.

Instructions:

1. Prepare the pasta according to the directions on the package. Once cooked, drain the pasta and set aside.
2. In a skillet set over medium heat, add in the canna oil and extra virgin olive oil. Add in the leeks and sliced carrots. Cook for 8 to 10 minutes or until soft.
3. Add in the sliced garlic and stir well to mix.
4. Transfer the mix into a bowl.
5. In the skillet, add in the mushrooms. Cook for 8 to 10 minutes or until the mushrooms are browned.
6. Add in the chopped rosemary. Season with a dash of salt and black pepper.
7. Add the vegetables back into the skillet. Stir well to mix.
8. Divide the pasta into serving bowls. Top off with the mushrooms and veggie mix.
9. Remove from heat and serve immediately.

About the Author

Angel Burns learned to cook when she worked in the local seafood restaurant near her home in Hyannis Port in Massachusetts as a teenager. The head chef took Angel under his wing and taught the young woman the tricks of the trade for cooking seafood. The skills she had learned at a young age helped her get accepted into Boston University's Culinary Program where she also minored in business administration.

Summers off from school meant working at the same restaurant but when Angel's mentor and friend retired as head chef, she took over after graduation and created classic and new dishes that delighted the diners. The restaurant flourished under Angel's culinary creativity and one customer developed more than an appreciation for Angel's food. Several months after taking over the position, the young woman met her future husband at work and they have been inseparable ever since. They still live in Hyannis Port with their two children and a cocker spaniel named Buddy.

Angel Burns turned her passion for cooking and her business acumen into a thriving e-book business. She has authored several successful books on cooking different types of dishes using simple ingredients for novices and experienced chefs alike. She is still head chef in Hyannis Port and says she will probably never leave!



Author's Afterthoughts



With so many books out there to choose from, I want to thank you for choosing this one and taking precious time out of your life to buy and read my work. Readers like you are the reason I take such passion in creating these books.

It is with gratitude and humility that I express how honored I am to become a part of your life and I hope that you take the same pleasure in reading this book as I did in writing it.

Can I ask one small favour? I ask that you write an honest and open review on Amazon of what you thought of the book. This will help other readers make an informed choice on whether to buy this book.

My sincerest thanks,

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